



The Food Contrarian: Quotes For People Recovering From or Dealing with Eating Issues

Tuchy Palmieri

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"The Food Contrarian" Quotes for people recovering from or dealing with eating issues. The 12 step movements are filled with proverbs, sayings and slogans that combine to provide kernels of truth. These single sentences thought provoking words became the keystones of Recovery. They are the concepts of the 12 step movement reduced to simplistic terms. 'The Food Contrarian" takes these quotes and when appropriate adapts them to food related issues. They are a simple way of expanding your understanding with easy to remember words for your program. "The Food Contrarian is a helpful workbook for people who are in need of help With Food related issues. 1) A dishonest mistake-- a lie. 2) Some people do the steps by sidestepping. 3) Count your blessings instead of counting your calories. 4) DIET: Doing Insane Eating Temporarily. 5) For the anorexic too little is too much. NOT FOR STUDY PURPOSES LIGHT READING WITH SERIOUS PONDERING Suggestion: Read one or two per day, write them down on a piece of paper and post or carry with you. 1) Relapse: When your disease is in recovery. 2) Binge: When enough is not enough. 3) Purge: An attempt to correct a mistake with another mistake. 4) Bulimia: Two wrongs to make right.



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